

## MOBILE APPS FOR CARE



### Battle Buddy

Contains quick links and tips to use if you must act or intervene in a crisis regarding suicide prevention and sexual assault/harassment.



### T2 Mood Tracker

A mobile application that allows users to monitor and track emotional health.



### LifeArmor

Touch-screen technology to browse 17 topics, including sleep, depression, relationship issues, and PTSD. Brief self-assessments help the user measure and track their symptoms and assist with managing specific problems.



### Military Traveler

Contains information on military bases world-wide. This APP will tell you the hours of operations of base offices, locations, emergency contacts, and even movie times of on-post theaters.



### PTSD Coach

PTSD Coach helps you learn about and manage symptoms that often occur after trauma. The APP has screening tools, links, and information on available treatments.



### POS REP

Position Report: This APP is a social networking tool designed to give users contact with other veterans within their local area.



### Breathe 2 Relax

Contains relaxation tips and deep breathing techniques for stress relief.



#### **BetterHelp**

A monthly subscription on-line counseling app that matches people with licensed mental health professionals and gives them unlimited access to these therapists.



#### **My3App**

A safety plan tool that helps people who are at high risk for suicide. It helps people develop a written list of coping strategies and sources of support.



#### **MyVAApps- Safety Plan for Veterans**

Part of the MyVAApps suite of apps, the Safety Plan app helps users create or co-create with their therapist a safety plan that outlines specific steps to take when they face crises including connecting to Veterans Crisis Line.



#### **Positive Activity Jackpot**

Developed by t2health, this app uses the phone's GPS system to find nearby enjoyable distractions. It comes with a clinician's guide:

<http://t2health.dcoe.mil/apps/positiveactivityjackpot>

Keep this posted in an open area  
Email it to friends

For additional training or support:  
[www.kf-suicideprevention.com](http://www.kf-suicideprevention.com)

